

Dealing with reactions to terrorism

The horrific images of the September 11, 2001 terrorist attacks and ongoing concerns about bioterrorism and other disruptive terrorist threats affect individuals in different ways. In striving to return to normal routines and to cope with stress and grief, people should not forget to take care of themselves.

It isn't uncommon for people who have been successfully managing a prior illness such as depression to experience a temporary increase in symptoms. People in recovery from substance addictions may also be vulnerable to relapses.

If you or someone you know is experiencing:

- ? Intense fear,
- ? Sense of helplessness,
- ? Extreme grief,
- ? Recurring thoughts and images of terrorist attacks,
- ? Difficulty concentrating,
- ? Difficulty sleeping,
- ? Nightmares/bad dreams,
- ? A sense of numbness, OR
- ? Desire to resume abusing substances

Help is available.

Contact:

✍ The Mental Health Association in North Dakota: 1-800-472-2911 (*Crisis Information and Referral Service*)

✍ North Dakota Department of Human Services regional human service centers' Crisis Lines:

- ? Northeast Human Service Center (Grand Forks): (701) 775-0525 or 1-800-845-3731
 - ? Northwest Human Service Center (Williston): (701) 572-9111 or 1-800-231-7724
 - ? North Central Human Service Center (Minot): (701) 857-8500 (collect calls accepted)
 - ? Lake Region Human Service Center (Devils Lake): (701) 662-5050 (collect calls accepted)
 - ? Southeast Human Service Center (Fargo): 1-888-342-4900
 - ? South Central Human Service Center (Jamestown): (701) 253-6304 (collect calls accepted)
 - ? West Central Human Service Center (Bismarck): 1-888-328-2112
 - ? Badlands Human Service Center (Dickinson): (701) 225-5009 (collect calls accepted)
- Crisis counseling is available. Counseling and treatment services are provided on a sliding fee schedule that is based on an individual's ability to pay.*

NOTE: Toll free numbers are ONLY accessible within North Dakota.

✍ Your local mental health or healthcare provider

Other Resources:

- ✍ The National Mental Health Association at 1-800-969-6642 and www.nmha.org
- ✍ The U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration mental health assistance hotline 1-800-789-2647 (TDD: 301-443-9006); or <http://www.mentalhealth.org/cmhs/EmergencyServices/index.htm>
- ✍ The American Red Cross disaster mental health services www.redcross.org
- ✍ Federal Emergency Management Administration (FEMA) <http://www.fema.gov/r-n-r/counsel.htm>